

Single Parent Social Behavior in Living Family Life in the Community (Study of Social Reality in Kaliboto Village, Wonodadi, Blitar, Indonesia)

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ABSTRACT

A single parent is one of the social parts who need to get special attention from society. Because there are many people and some of them are not really ready to live within their status so they become depressed, not having self-sufficient that can affect their personal life, families, and community. Based on these problems, it needs social behavior research of single-parent that relates depression, individual encouragement factor, and inhibition. So that, they can live normally in their social life. Hopefully, it will be useful for any single parents, families, and surrounding community as well policymakers/government. The research used a descriptive qualitative approach to explain and describe the social behavior of single parents in living family life in the community, with the theory of social behavior as the main theory. Informants consist of 14 people, 7 single fathers, and 7 single mothers. The results of this study indicate that the majority of single parents experience depression at first, then it decreases because of an approach to God, encouragement from close relatives, consultation efforts, busyness in the family, earning a living, and activities in the community. His independence is formed as his depression decreases, his educational potential, and the help of his close relatives, their independence is passed on to their children. The driving factors for single parents so that they can continue to live abnormal family life are religious encouragement, close relative, and a good future for children. The inhibiting factors are economy, health, aging, social stigma. A single parent needs to relay their life solely because of God, consistency, and commitment with his or her guidelines. Realizing that the family trusted, avoided depression tried to be independent, self-attendant, made improvements, occupied positive activities knitting close relationships, staying healthy, patient, grateful, and optimistic. When marriage is the best solution, there is no need to hold back. Be the best figure for his children, motivate him, and promote deliberation. For close relatives, it needs to increase their concern for a single parent to be independent. For religious figures to participate in mobilizing a single parent and directing the group to make the climate conducive to a single parents life. For governments to follow the registry, monitoring, coaching, and training to help single mothers, so they can go back to normal family life in their community. made improvements, occupied positive activities knitting close relationships, staying healthy, patient, grateful, and optimistic. when marriage is the best solution, there is no need to hold back. Be the best figure for his children, motivate him, and promote deliberation. For close relatives, it needs to increase their concern for a single parent to be independent.

Keywords: Innovative Behavior, Creative Telematics Community, Dynamics of Interaction.

1. INTRODUCTION

The family as the most strategic place to devote various social roles, such as carrying out obligations and reaping the rights of each member. The functions in it are related to aspects: transcendental/worship, education, health, economy, continuity of lineage, protection, maintenance, affection, and social community. If the rights and obligations of each can be fulfilled, there will be peace, tranquility, love and happiness, and this can last a long time or even a lifetime.

When there is a divorce or even the death of one of the spouses, this can be a serious blow to the surviving members of the couple. For those who are not ready can cause various problems. Especially for those whose dependence on their partner is too strong, and faith is lacking. The absence of a companion who protects, earns a living, a place to complain and chat can make a single parent woman hit, not excited in her life, depressed. On the other hand, the absence of a companion who serves, comforts, and cares for a single parent makes a single father decrease his emotional well-being. Likes to be moody, daydreaming, ringing, remembering the past with his wife. There are even some male single parents that we meet, because it is hard to part with their wives, His physical and mental health deteriorated and eventually he died. Regarding depression, according to Polkamally Bharathi, Godishala Sridevi, KB Kumar, 2015, that single parent depression due to separation from their partner is still high for 2 years. Single parent female depression is higher than male single parent. Although the loneliness level of male single parents is higher than female single parents. The older a person is, the higher the level of loneliness, the higher the depression. Female single parents are more depressed than male single parents. Old male single parents are more depressed than young male single parents. Depression includes loneliness, loss of interest/pleasure, feelings of guilt, low self-esteem, disturbed sleep, low energy and poor concentration. Regarding depression, according to Polkamally Bharathi, Godishala Sridevi, KB Kumar, 2015, that single parent

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However, there are single female parents who pass, are enthusiastic, work hard, work hard to finance and educate their children until they are adults. Likewise, there are male single parents who pass the test, remain enthusiastic in worship, social and economic activities.

The author himself has a mother who is also a single parent, so she can feel how her mother behaves after her father's death. How is the situation in the family and social interactions in society. From the conditions below to being able to rise, and this is felt by all family members.

Public attention to single parent families tends to be different, compared to normal families with complete family members. This can be seen at the events of birth, marriage, death and others. Single father and single mother marriages account for 3% of all marriages (Deborah Kestin Van Den Hoonard. 2002) [1]. In terms of status, it can decrease in the eyes of the community, especially a single female parent. Inappropriate, unnatural treatment of him often occurs. Its presence in the community needs attention from families, village officials and the general public, especially those who are old. Ignorance, or inaccuracies of care for them can have an impact on being a burden on society. We often encounter heartbreaking and pathetic situations that befall them.

For a single parent, remarriage is an option in overcoming life's difficulties, however it is not easy for them, because of economic, health, family considerations and because of comparing to previous partners, it is often a heavy consideration to move on.

Broadly speaking, these problems include: The increasing number of people with single parent status; The unpreparedness of some single parents when they bear the new status; Decreased spiritual, intellectual, social and emotional intelligence; The emergence of depression, including: feelings of loneliness, loss of interest/pleasure, feelings of guilt, low self-esteem, disturbed sleep, decreased appetite, low energy, poor concentration, anxiety, worries about fate and future; Depression experienced a decrease in physical health, especially for single parents who are old, the condition is heartbreaking, and some even die; Some single parents, especially those who are old, are getting less and less independent, some are even a burden to their families and surrounding communities; There are obstacles when this single parent wants to remarry; There is a bad social stigma towards single parents, even though some of the perpetrators consider it a pride; Bad behavior from some single parents, especially young ones; Lack of attention from family, community and even some community servants.

Of the total population of 1,837 consisting of 907 men, 930 women (2017 data). 94 single mothers (88 single mothers died, 6 single mothers divorced) and 26 single fathers (24 single fathers died, 2 single fathers divorced) (2018 Data). Concern for these problems prompted the author to conduct research, related to the behavior of single parents in living family life in their community. With the hope that recipes for life can be found so that single parents can survive in family life in their community,

even being able to fill the remnants of their life in a productive state, both intellectually, mentally, economically, socially and spiritually. Besides that, it can be a lesson for us, because it is very possible that we will carry the single parent status as well.

This research was conducted in Kaliboto village, Wonodadi sub-district, Blitar district. This sub-district is the westernmost sub-district and borders the Tulungagung district. The study was conducted in this place because the number of single parents is large compared to the total population. The divorce rate is getting higher, so is the death rate. This makes the number of single parents increase as well. So the problems around single parents need to get serious attention from all involved. This further strengthens the reason why this research is needed.

2. LITERATURE REVIEW

2.1. Single Parent

A single parent is a woman or a man who becomes a parent, doubles as a father and a mother, or vice versa in raising and educating children, and managing family life due to changes in the family structure. Either because the spouse left due to divorce or death (Kotwal, N. & Prabhakar.B. 2009) [2]. Death is a separation between husband and wife that cannot be overcome by humans. This incident of death is also the natural cause of the emergence of the terms single mother and single father for those who are left alive. If the party who lost his lover wishes and succeeds in finding a replacement, then he will be released from the title single mother or single father. But often people who are elderly maintain or continue their status until the end of life (Panjaitan. CZ 1991:50) [3].

2.2. Social Behavior Theory

Behavior in language means how to do or run something in accordance with the nature that is appropriate for humans. Socially means everything about society or society. While the term is defined as a person's physical and psychological activities against others or vice versa in order to meet the needs of oneself or others in accordance with social demands (Hurlock 2003:264) [4]. Social behavior is an atmosphere of interdependence which is a must to ensure human existence (Rusli Ibrahim, 2021) [5]. As proof that humans in fulfilling the needs of life as individuals cannot do it alone but need help from others. There is a bond of interdependence between one person and another. This means that human survival takes place in an atmosphere of mutual support in togetherness. For this reason, humans are required to be able to work together, respect each other, not interfere with the rights of others, be tolerant in social life (Rusli Ibrahim, 2021) [5].

2.3. Family Sociology Theory

The family is the smallest unit in society consisting of husband and wife or husband and wife and their children, or children and their fathers (single father), or children and their mothers (single mother) (Law No. 52 of 2009). The family, especially the nuclear family according to organic analogy shows us the picture of an organization consisting of elements, such as parents (father and mother) and children. In routine life (every day father, child's mother has a dynamic relationship with one another. The status and role of father, mother and child are different, but in routine life, they need each other. They carry out their respective duties within the family as unity [6].

2.4. Social Stigma Theory

Humans basically have attributes or identities either given or created by themselves. The survival of identity is largely determined by various factors of influence, it can be created as well as can be turned off. Identity as a form of sign contains meaning and values in humans. Borrowing Goffman's understanding, stigmatization is a description of an attitude, behavior or system that does not give room for differences. Those who are different are not given a place, those who are different are disabled. Stigmatization is a form of value judgment from the dominant group, namely those who have power in a certain cultural context for what they want.

2.5. Interactional Theory

According to this theory, the individual is seen as an active shaper of his own character, in interpreting, evaluating, determining and planning and even carrying out his own actions. While symbolic is defined as a hand or head movement that contains a sign and is a real symbol, because it has the same meaning for all these members, the individual who makes it. This symbolic interactionism theory looks at individuals who develop socially as a result of their participation in interacting in community life, where the target is individuals with their personal personalities and their interactions between internal opinions and one's emotions with social behavior (Tiam, SD, 2009) [7].

According to Blummer in Tiam, SD, 2009, that humans are the actors themselves who will choose, examine, think, classify and transform in relation to the situation where and where their actions are going. And actually, interpretation should not be considered only as the application of predetermined meanings, but as a process of forming meanings, where meaning is used and perfected as an instrument for direction in the formation of action.

2.6. Social Conflict Theory

Conflict theory is a theory that views that social change does not occur through a process of adjusting values that bring about change, but occurs as a result of conflicts that result in compromises that are different from the original conditions. Conflict theory sees that in society there will not always be order. The proof is that in any society, there must have been conflicts or tensions (Sumartono, 2019:4)[8]. Conflict is part of the social dynamics that are common in every social interaction in the daily social order of society. Conflict can act as a trigger for the process of social balance. Even if conflict can be managed properly, it can also be used as an adhesive in people's lives (Garna in Sumartono 2019) [8]. Conflict can trigger positive interactions and consequences and can move isolated group members to play an active role in group activities (Cosser in Azzulva, MI, 2021)[9]. Conflict only arises through social relations in the system. So it is impossible for conflict to involve individuals or groups who are not connected in the system (Dahrendorf in Azzulva, MI, 2021) [9]. Conflict can endanger unity, therefore there is a need for a solution, namely in the form of a safety valve (Anonymous, 2019) [10].

2.7. Rational Choice Theory

Choice theory or rational action theory is a framework for understanding and designing models of social and economic behavior. The basic assumption of rational choice theory is that all social behavior is caused by individual behavior, each of which makes its own satisfaction. This theory focuses on the determinants of individual choice (methodological individualism). Coleman describes the interactions between actors and resources in detail towards the level of the social system. The minimal basis for a social system of action is two actors, each controlling a resource that attracts the attention of the other. One person's attention to the resources controlled by another is what causes both to engage in mutual need, engage in mutual action. As an actor with a purpose, each aims at maximizing the realization of interests that characterize the interdependence or systematic nature of their actions. Rational choice theory ignores what is the choice or source of the actor's choice. What is important is the fact that actions are taken to achieve goals that are in accordance with the level of choice of actors (Coleman in Kamalasari Intan, 2021) [11]

3. RESEARCH METHODS

3.1. Research Approach

In this case the research approach used is a qualitative research method. With this method, researchers can find and understand what is hidden behind phenomena that are sometimes difficult to know and understand. This method can also be used to gain insight into something little known, and can provide complex details about phenomena that are difficult to reveal by quantitative methods (Anselm Strauss & Juliet Corbin, 2003, 5) [12].

3.2. Research Focus

- 1) Social behavior is seen from the condition of depression and independence
 - a. Depression, with indicators including: Loss of interest; Guilt; Low self-esteem; disturbed sleep; Decreased appetite
 - b. Independence, with indicators including: Able to take initiative, Able to solve problems, Full of perseverance, Gaining satisfaction from his business, Trying to do something without the help of others
- 2) The driving factors for single parents in living family life in the community, with indicators including: Religious encouragement; Close relatives and future expectations of children;
- 3) Inhibiting factors in living family life in the community, with indicators including: family economy, health; Aging; and social Stigma;

3.3. Data Analysis Technique

In this study using Creswell data analysis. The steps are as follows:

- 1) Processing and preparing data for analysis. This step involves transcribing interviews, scanning materials, typing field data, or sorting and organizing the data into different types depending on the source of information;
- 2) Read the entire data. Build a general sense of the information obtained and reflect on its overall meaning;
- 3) Start coding all data. Organizing data by collecting chunks (or sections of text or sections of images) and writing categories within boundaries;
- 4) Implement a coding process to describe the settings (region), people (informants), categories and themes being analyzed;
- 5) Presenting descriptions and themes in qualitative narratives/reports;
- 6) Making interpretations, or interpreting data. (Creswell, 2019, 263-267) [13]

4. DISCUSSION OF RESEARCH RESULTS

4.1. Social Behavior Seen from Depression and Independence Conditions

1) Depression

Depression is a kind of disease that involves physical, mood and mind. Depression can interfere with daily life and cause pain for sufferers and those around them who care about them. However, depression is not a sign of a person's weakness. People with depressive disorder cannot get out of their situation on their own. Without treatment, symptoms of depression can last for weeks, months and even years. Some forms of depression tend to be hereditary. This gives an indication that depression is something related to human genetics. However, depression can also occur in people without a family history of depression. Besides trauma, loss of a loved one, difficult relationships or other stressful situations can also trigger depression. (<https://dosenpsychology.com/depresi-dalam-psychology/amp>) [14].

The death of a spouse is the biggest stressor in a person's life that affects all aspects of life. Loneliness is the most important emotional stress faced by single mothers and elderly single fathers (Perlman & Peplau, 1982; Kimmel, 1992)[15]. Individual behavior that takes place in relation to environmental factors that produce consequences, or changes in environmental factors cause behavioral changes (Ritzer George. 1992)[16]. Social behavior is an atmosphere of interdependence which is a must to ensure human existence (Rusli Ibrahim, 2021)[5]. When one of them is not present, the partner who is left behind will automatically experience loneliness, anxiety and various other psychiatric disorders, except for certain people. If the presence of children and other family members becomes a burden, for example too many children are left behind, they are still small and cannot be independent. Likewise, if there are parents or in-laws who must be supported, accompanied, cared for, with various kinds of characters. These kinds of burdens will add to the shock of the soul for single parents, especially single female parents. This is as said by Zandan in Pranandari (2008), that the necessity of a single parent (Single Parent) to meet all the needs of the family, children, and personal needs, makes him experience more stress than mothers who still have husbands.

A transcendental approach, an approach to God, the Creator of the universe and everything in it, Who Knows the keys to life including the trinkets of the human heart, as a source of foothold, strength and a place to return everything, this is very strategic for single parents. As a place to complain, hope and pray. A single parent's mind will become a simple prejudice against all circumstances, can take lessons, finally be able to rise with strong hope, a life program with a priority scale. Due to the reduced potential of the family, becoming a single parent. With worship, the body becomes healthier, the heart is calm, the mind is even more refreshed. Busyness in the household can reduce depression, especially for single female parents. Although for some single fathers can remind when with his wife, so depression comes back. Meanwhile, busy making a living can reduce single parent depression and even disappear. Some single mothers have not yet established their jobs, are still looking for them, and some are even approaching depression because of these work problems. Based on the theoretical focus on single parent behavior in living life in society, seen from a review of depression there are several findings.

Finding 1. The most common symptoms experienced by single parents who are depressed, the presence of psychiatric disorders include: loss of interest, feelings of guilt, low self-esteem, disturbed sleep, decreased appetite, loneliness, longing for the wife and feelings of not having time to make her happy, unstable spirit, confused, heartbreak. In addition, there are bodily disturbances, especially digestion. More people are depressed, compared to those who are not. And this is getting more and more lost, on average it lasts 3 months.

Finding 2. Things that reduce the level of single parent depression because: their parents are also single parents, the existence of a religious environment, adequate formal education, educational social activities, except for single parents whose life burden is too heavy, or excessive love for their partner, remains have depression.

Finding 3. Treatment for depression in general is in the form of: approach to God with worship, household activities, earning a living, and taking care of children, social activities, consultation with friends, entertainment that is personal or with family, channeling hobbies.

Finding 4. Depression can also be experienced by single fathers whose initial marriage status is a virgin and gets a single mother

Minor proposition 1. Single parents experience depression, where the level of depression decreases over time, which is influenced by: closeness to God, the role of parents, busyness in the household, earning a living, consulting, and activities in the community.

2) Independence

When the husband and wife are still complete, household affairs can be arranged together, in general the husband is in charge of earning a living, managing major affairs, such as: building a house, children's education, security, relations with the surrounding community. While the wife manages household affairs, such as cooking, washing, accompanying children, and others. After one of the partners is absent, either due to death or divorce, the spouse left behind will take over the duties of the

other partner, and this may or may not work, however, because there is a demand for responsibility to maintain domestic life so that it continues, it is like it or not. all household matters must be carried out and fulfilled. This is in accordance with Parsons' statement in Zamroni 1992,

The majority at the beginning of their single parent status found it difficult to take good initiatives, including in overcoming problems. They tend to be passive with a changing family environment, feelings are not organized, the burden of life tends to be heavier, the problems are various. They tend to feel/enjoy their solitude along with depression experienced by some single parents. With the passage of time, this feeling of depression disappears, the initiative to rise again emerges. In fact, they carry out their duties diligently, feel satisfied and try not to need other people. Even for those who do not experience depression, these aspects of independence, they have from the beginning of their single parent status.

So the majority in this study were single parents finally able to be independent, although at first they had some problems, this could be an indicator that the existence of single parent status does not affect independence in living life after the death of their spouse, except for only a few. For single fathers, there are those who feel confused, dizzy in household matters, where these jobs were previously handled by his wife such as: washing, cooking, cleaning the house, and others. In this study, there was a divorced single father who felt heavy in living his life after separating from his wife, especially when his daughter was still small. However, the sea slug became more familiar as his son learned a lesson from him.

In some places women do not want to remarry because they will lose property from their husbands. Single mother and single father marriages account for 3% of all marriages. Single fathers mostly remarry within 6 months, to younger women. Based on the theoretical focus on single parent behavior in living life in society, in terms of independence, there are several findings.

Finding 5. The majority at the beginning of their single parent status were not able to take the initiative well. For single parents who experience depression, their independence is directly proportional to the level of depression. When their depression begins to disappear, they begin to do tasks diligently, are able to deal with problems well, can do things without the help of others, so that their level of activity satisfaction is higher.

Finding 6. The help of close relatives can increase the independence of a single parent

Finding 7. Assistance by close relatives, makes the independence of single parents gradually recover, even the independence is transmitted to their children. The higher the education, the higher the level of independence

Finding 8. The impact of divorce makes some single parent children reluctant to continue school, more focused on helping their parents work

Finding 9. Most single parents still want to remarry. Some of them have absolutely no desire or feel traumatized

Minor proposition 2. At the beginning of their status, single parents were not able to take the initiative properly, as their depression decreased, their educational potential, the assistance of their close relatives, finally formed independence, and even passed it on to their children.

4.2 Factors Encouraging Single Parent in Living Family Life in the Community

Life in this world is not only for eating, drinking, venting the lust for pleasure, without any consequences either in this world or in the hereafter. The omission of life without an order of values and norms will lead to destruction. Not wild, messy, crushing and oppressing each other. The existence of the order of life contained in religion will make life in the world orderly, harmonious, so that peace and happiness can be achieved on an ongoing basis. Likewise, the religious order contained in family life.

In this study, the majority of single parents have a strong belief in God commands, trust in destiny and His recompense, fear of sanctions if the trust from Him in the form of a family is wasted. Religion is the main driving factor for single parents to continue to carry out family life normally in their community. The single parents believe that life is a trust that will be held accountable by God. Family is trust, children are trust, property is trust. When this trust can all be fulfilled properly. then the hope of happiness in this world and in the hereafter is very large, Insha Allah. Children must be given religious education so that later they can be safe both in this world and in the hereafter. Children are made to earn a lawful living, are educated about worship, Morals and muamalat laws are also related to society. A good family including children will produce peace, solidity, loyalty. From here, family independence can be realized. There was one single parent when his wife had just passed away, he put a lot of emphasis on his children so that his worship affairs were really enforced. Closeness to God is increased. With the hope that God will give you help, strength and protection. In addition, so that all members do not dissolve in depression. Thank God, recipes like this can boost the psyche of children who had fallen, confused, and anxious, after their mother died. There was one single parent when his wife had just passed away, he put a lot of emphasis on his children so that his religious affairs were truly enforced. Closeness to God is increased. With the hope that God will give you help, strength and protection. In addition, so that all members do not dissolve in depression. Thank God, recipes like this can boost the psyche of children who had fallen, confused, and anxious, after their mother died. There was one single parent when his wife had just passed away, he put a lot of emphasis on his children so that his religious affairs were truly enforced. Closeness to God is increased. With the hope that God will give you help, strength and protection. In addition, so that all members do not dissolve in depression. Thank God, recipes like this can boost the psyche of children who had fallen, confused, and anxious, after their mother died.

In this study, there are single parents who expect a return from their children. The upbringing, care and education that have been carried out so far have the hope that later when a single parent suffers from illness, or when the child is aging, the child can repay, instead of accompanying and caring for him. If it is observed that the less understanding and practice of a single parent's religion, the greater the level of expectation of reciprocity from the child. However, in this study, the majority of single parents did not expect a return from their children for the assistance, care and upbringing they had done so far. Single parents try to be sincere solely for the sake of God. And it is the duty and trust of parents to their children. Whatever the result is left to God, the important thing is that you have tried your best. If a child is in accordance with the expectations of his parents, that understanding will automatically appear by itself. They will replace doing good back to their parents, accompany, and take care of them. If a person plants goodness, he will get the expected fruit. So the hope for this child is a motivating factor for single parents to continue to live a normal life even without a companion. Based on the theoretical focus on the factors driving single parent behavior in living life in society, there are several findings.

- Finding 10. The majority of single parents have a strong belief in God's commands, trust in destiny and His reward, fear of sanctions if the trust from Him in the form of a family is wasted.
- Finding 11. The order of driving force for single parents from among the most intimate of relatives is children, parents, siblings. Even though there are single parents who are without encouragement, they are not depressed and can be independent. The form of encouragement is in the form of support for living, moral/advice, child care and energy assistance.
- Finding 12. The driving factors related to children's future hopes, the majority include: piety, success in the hereafter, upholding the good name of the family, graduating from school, and only a small portion expects a return from the child, the majority do not need it.
- Minor proposition 3. The driving factors for single parents to continue to live a normal family life are religious encouragement, close relatives and a good future for children.

4.3. Inhibiting Factors of Single Parent in Living Family Life in the Community

1) Lack of Livelihood or Family Economy

At the beginning of the single parent status, the majority experienced economic obstacles, over time these obstacles disappeared, except for a few. In a normal family, the division of labor is clear. The husband is primarily in charge of earning a living while the wife takes care of the household. When the husband left his wife, separated from his wife. Whether due to divorce or death, the business of living can still continue. Even if disturbed not in a long time. Maybe because of the influence of depression due to his wife's abandonment. And gradually the depression disappeared, so the distractions of earning a living disappeared as well. It is different when the wife leaves her husband. They will need longer time to maintain a living income. Whether it's continuing your existing income or starting a new one. Unless this single mother has previously joined in making a living. So there is no problem in this case. In this study, it was found that a single mother died who found it difficult to start earning a living due to the large number of dependents in her family, entering a new area that had never been cultivated before, eventually making her unprepared, often changing jobs. Because all this time I'm used to just receiving from my husband. Now feel shocked. When you get a hard hit in business, working makes a single mother uncomfortable who ends up changing jobs frequently. Some single fathers come home late at night so there is no opportunity for social interaction in the community. So the lack of the majority economy makes it an obstacle for single parents in living a family life in their community. Efforts to overcome the problem of family living include: for single fathers to continue their old profession. For single mothers who have had a job for a long time, they will continue their old profession, even though they are separated from their husbands, for single mothers who have not previously worked, they are looking for a new suitable profession.

2) Health

In this study, the majority of single parents after separating from their life partners experienced health problems, especially digestive problems, but these health effects gradually disappeared over time. With efforts in the form of: self-care, regular eating, adequate rest. For those who are affected by the disease, some buy herbal medicine. Some with single parent status, the disease that has been suffered is more controllable. Busy taking care of children and making a living makes single parents forget to take care of their health. For single parents who feel depression due to the abandonment of their life partner. This will affect their physical health as well. So dealing with depression should take precedence, although of course it is necessary to consult with the medical team. Inshaallah if the heart is healthy then the body will be healthy too. Single parent associations or friendship activities between them will further increase experience, knowledge, and can add life references, including in dealing with health. Besides the burden of living burdens can be poured out. Can share lessons to improve mental and physical health. So the decline in the health of a single parent becomes an obstacle to daily activities, especially after leaving their life partner and this is mostly due to depression. However, this gradually recovers over time will disappear or reduce the existing depression. Can share lessons to

improve mental and physical health. So the decline in the health of a single parent becomes an obstacle to daily activities, especially after leaving their life partner and this is mostly due to depression. However, this gradually recovers over time will disappear or reduce the existing depression. Can share lessons to improve mental and physical health. So the decline in the health of a single parent becomes an obstacle to daily activities, especially after leaving their life partner and this is mostly due to depression. However, this gradually recovers over time will disappear or reduce the existing depression.

3) Aging

Obstacles for single parents in aging problems are: the body's organs begin to decline in function, both eyes, ears, and decreased energy. Although some still feel young, the body remains strong. They think everything is divine destiny, just follow it. It has become a certainty that human life must experience aging, energy is getting weaker, vision is getting blurry, hair is getting whiter, skin is getting wrinkled, and some are even experiencing senility. This is also experienced by single parents, especially those aged 45 years and over. However, in this study, the majority of single parents did not make the reason to interfere with activities due to aging. Some of this is the limiting factor. Especially the barrier to remarriage. For single mothers, it makes them less eager to remarry. But for some single fathers, aging does not affect the desire to remarry. In fact, there are some single fathers who do not feel aging. Because he felt his body was fine.

4) Social Stigman

As normal humans, we need the approval of others. Need acknowledgment or need acknowledgment that we exist. Each of us has advantages or has potential and others. This is natural as a social being. From here will emerge mutual respect, respect and understanding. Likewise a husband and wife. The status of husband and wife in society is different compared to those who are still single. The respect for husband and wife is higher. This can be found in community activities such as during leadership elections, walimah events, village deliberations, etc. When one of the husband and wife pairs is not available, the couple who are left behind and have single parent status, either single mother or single father, this status will decrease. Especially for a single mother. For a single parent who is still young, sometimes he is underestimated in society, harassed, even like a toy, sometimes bullied by masher. So it is very necessary to pay attention to the parties concerned. Because if left unchecked, it could fall into abuse of honor or this single parent will become a naughty single mother.

For singles who experience social stigma, the way to go is not to do social deviations. In accordance with Goffman's approach in Scott John 2012, that breaking the habits that surround the interaction means taking the risk of being blamed and judged badly. This anticipation of social rejection elicits specific psychological responses, both internal and external, that show anxiety towards others whose reactions are feared to be bad.

Based on the theoretical focus above on the factors that inhibit single parent behavior in living life in society, there are several findings.

- Finding 13. At the beginning of the single parent status, the majority experienced economic obstacles over time, these obstacles finally disappeared, except for a few.
- Finding 14. The majority of single parents after separating from their life partner experience health problems, especially digestion, but these health effects gradually disappear over time. With efforts: self-care, regular meals, adequate rest. For those who are affected by the disease, some buy herbal medicine. Some with single parent status, the disease that has been suffered is more controllable;
- Finding 15. Obstacles for single parents in aging problems are: the body's organs begin to decline in function, both eyes, ears, and decreased energy. Although some still feel young, the body remains strong. Everything is divine destiny, just follow it
- Findings 16. The majority of single parents do not experience social stigma, except for a few. Efforts to prevent it by not making deviations, social interaction as necessary, some of them ignore it.

Minor proposition 4. The inhibiting factors for single parents in living a normal family life are economic factors, health, aging and social stigma.

Major Proposition

The majority of single parents experience depression at first, then it decreases. His independence is also increasingly formed along: his depression is decreasing, his educational potential, and the help of his close relatives. The driving factors are religious encouragement, close relatives and a good future for children. Factor

5. CLOSING

5.1. Conclusion

- 1) Single parents who experience depression more than those who do not, and lasts for 3 months, with symptoms: loss of interest, feelings of guilt, low self-esteem, disturbed sleep, decreased appetite, loneliness, longing for a partner, unstable spirit, confused, and some feel hurt in their hearts;
- 2) The burden of life that is too heavy, especially economic problems can reduce the emotional intelligence of a single parent. Not even ashamed to ask others for help;
- 3) Depression can also be experienced by single fathers whose initial marriage status is a virgin to get a single mother mate;
- 4) Things that reduce the level of single parent depression: the parents are also single parents, the existence of a religious environment, adequate formal education, educational social activities;
- 5) Single parent efforts to reduce depression in the form of: approach to God with worship, household activities, earning a living, taking care of children, educational social activities, consulting with friends, entertainment either for personal or family, as well as channeling hobbies;
- 6) Single parents who are depressed, their independence is directly proportional to the level of depression;
- 7) The majority at the beginning of their status, single parents were not able to take the initiative well
- 8) The level of independence of a single parent is influenced by educational background, examples of single parent parents, as well as dependents/burden of life;
- 9) The help of close relatives can spur the independence of a single parent, some of which can lead to a business that can grow. The presence of mothers or siblings is very helpful, especially in child care, this assistance makes the independence of single parents gradually recover. The independence of single parents affects the independence of their children.
- 10) Single parents try to pay attention to education, economy, protection and love for their children;
- 11) Most single parents still want to remarry. Some have no desire or trauma at all, there are also those who have not been able to let go of their memories with their late wife, in addition to concentrating on assisting children;
- 12) The impact of divorce has made some single parent children reluctant to continue their education, focusing on helping their parents work;
- 13) The driving factors for single parents to live a normal life are: religious factors, encouragement from close relatives, and hopes for a good future for children;
- 14) The majority of single parents have a strong belief in God's commandments, trust in destiny and reward from Him, fear of sanctions if the trust from Him in the form of a family is wasted;
- 15) The order of encouragement from among the most intimate relatives is: children, parents, siblings. Although there are single parents without the encouragement of their close friends, they do not experience depression and can still be independent. The form of encouragement is in the form of support for living, morals/advice, child care or energy assistance.
- 16) The driving factors related to children's future hopes, the majority include: piety, success in the hereafter, upholding the good name of the family, graduating from school. Only a small part expects a return from the child, the majority do not need it. The higher the understanding of a single parent's religion, the smaller the expectation of the child's return. Parenting, care and assistance for children is solely for the pleasure of God;
- 17) The inhibiting factors for single parents in living life are economic factors, health, aging and social stigma. At the beginning of the single parent status, the majority experienced economic obstacles, over time these obstacles disappeared, except for a few. The majority experience health problems, especially digestion. These health effects are gradually disappearing; over time, with self-care efforts, regular meals, adequate rest. Some of them with their status as single parents, the diseases that have been suffered so far are even more controllable. The majority of aging is not considered as an inhibiting factor in single parent life, except for a few single mothers, it is only related to the desire to remarry. The perceived aging includes: body organs that begin to decline in function, both eyes, ears, and decreased energy. Although some still feel young, the body remains strong. Everything is divine destiny, for that just follow it. The majority of single parents do not experience social stigma, except for a few. Prevention efforts by not making deviations and social interaction as necessary. Some single parents ignore it.

5.2. Suggestion

- 1) For teenagers who want to get married, they need to study religion, household, social, health and other related sciences, to support the level of household solidity later. Closeness to God, through worship, learning the heart in the form of: sincerity, patience, simplicity, accepting destiny, optimism and others. It is highly recommended that the minimum education level is junior high school for prospective wives, high school for prospective husbands, or the equivalent;
- 2) For single parent relatives, visits need to be increased to motivate, monitor if necessary, provide assistance to single parents and their families, including facilitating marriage if possible;
- 3) For community/religious leaders to motivate single parents, participate in explaining the community so as not to give negative stigma to single parents. Instead to give positive attention to them;

- 4) Academic circles need to increase research on single parents and the ins and outs of the problem. Research related to single parents please be socialized so that the benefits for single parent life can be felt. Participate in facilitating easy access to education for single parent children.
- 5) For the government through:
 - a. Village officials need single parent data collection, monitoring, coaching and facilitating the distribution and provision of assistance to them;
 - b. The Office of Religious Affairs (KUA), the Religious Courts (PA) needs to be intensified on marriage advice, family life, etc., especially for teenagers who are about to get married. Filing for divorce is not easy. Households are trying to be maintained. Synergy between notaries/lawyers and KUA/PA is needed to maintain family integrity in the community.
 - c. The health office provides guidance on a healthy lifestyle, for those who are depressed, there needs to be special guidance by a psychiatrist;
 - d. SOCIAL Service, it is necessary to collect data on single parents regarding the difficulties and assistance needed;
 - e. Department of Manpower, there needs to be coaching and training for single parents, related to home industry, marketing, administration and management.

5.3. Theoretical Implication

In accordance with the statement of Harlock (2003:264) that the term behavior when associated with a single parent is the physical and psychological activity of a single parent towards others or vice versa in order to meet the needs of oneself or others in accordance with social demands. [4]. Single parents show less interpersonal response, namely less able to get along socially, give up easily, some depend on others. This is because of the effects of depression due to being abandoned by their partner. Either because of death or divorce. These depressions include feelings of loneliness, loss of interest/pleasure, feelings of guilt, low self-esteem, decreased appetite, low energy, disturbed sleep, poor concentration, anxiety and worry about the future fate of both themselves and their children.

According to the 2015 Polkampally Bharathi approach that young single mothers are more depressed than young single fathers, this is not in accordance with the results of this study, it turns out that young single fathers are more depressed than young single mothers, this is because the support of young single mothers is stronger and their educational background is stronger. also higher.

According to Parsons in Zamroni 1992, that actors are faced with various conditions and situations that can affect the ownership of the means that will be used to achieve these goals. Single parents will be affected by his life since his life partner left. So that with all the potential that exists in themselves and from their environment, they are knitted to revive their lives so that they are as before.

According to Goffman, social stigma or social disgrace is a description of an attitude, behavior or system that does not give room for differences. What is different is not given a place. Those who are different become disabled, so they do not get full social acceptance. Included in this category are minority groups. They are people who are despised or can be despised. Including those who have the potential to get social stigma are single parents. It turns out that there are only a few who experience social stigma in single parent research. Single parents are careful in living their lives in society. The community itself has a good social life, and they are busy with their own business. Communities around single parents can understand, understand,

The interpersonal response is getting better over time, as well as the level of depression is decreasing. As stated by Ritzer George, 1992, that individual behavior that takes place in relation to environmental factors that produce consequences or changes in the environment causes behavioral changes. So in this theory there is a functional relationship between behavior and changes that occur in a single parent environment. When they are still depressed, internal activities in the family and in society are stagnant. But when they get up and start a new life, their depression disappears, so social activities both in the family and in the community are restored.

According to Scoot John, 2012, that it is more difficult to predict equilibrium points in social relations than in the case of purely economic market transactions. Related to this research, the writer agrees with Scoot John's statement. It turns out that in research, single parent social life is not as linear as economic transactions. There are many variables that accompany, even with limited money, it can be used to educate family members so that they can be tough, patient, accept and maximize what is available. Even money as a form of sustenance is realized that to get it requires effort, but it is also related to divine destiny. Everything has been determined, humans are limited to trying (Surah Hud: 6). So that whatever you have is grateful for, and empowered for life to the fullest. Even for certain people often get unexpected sustenance. For single parents, sustenance does not have to be in the form of money, a healthy body, good moral children, good neighbors, motivation, advice, sweet smiles of family members, all of that also includes sustenance.

5.4. Practical Implications

- 1) To reduce the level of depression, it is necessary to approach God with worship, a religious environment, educational social activities, household activities, earning a living, taking care of children, social activities, consultation with friends, personal entertainment/with family, or even hobbies. the good one;
- 2) Clean the heart disease, do not despair, realize the shortcomings, get rid of the ego, seek improvement, avoid worry and haste, eliminate fear and doubt, do not run and stay silent from problems;
- 3) Matters that need serious attention for single parents for families include: economy/support, education, health, protection, affection, liking deliberation, being fair;
- 4) In connection with the level of single parent's independence is directly proportional to his depression, for that to be able to rise, be independent, the existing forms of depression must be eliminated;
- 5) It is necessary to knit harmonious relationships with close relatives, care for each other, and help each other, both morally and materially. Then it is necessary to find a conducive environment for children;
- 6) Strive to be independent and not easily ask for financial help from others unless forced to;
- 7) When a single parent has school-age children, and then decides that they don't want to continue school anymore, because they want to help their parents, there needs to be motivation, an explanation for them. For single parents themselves need to appear as a formidable figure in front of them;
- 8) The kindness applied by single parents in the eyes of their children is a cadre process. The record of goodness will be carried over in real life in the community. For this reason, in addition to carrying out / setting an example, single parents should not get tired of giving advice, sticking in their children's chests, so that they are ingrained in their lives;
- 9) It is necessary to get used to family discussions/deliberations to get the best steps in living life, both within the family and in society. In addition to this, discussions/deliberations can create potential, train and motivate them to have the courage to express their opinions and determine attitudes;
- 10) The provision of single parent assistance to their children does not have to be in the form of direct assistance, such as giving a hook, do not give the fish, except in certain conditions. So giving is productive in the long run. This is to reduce the nature of dependence, it can even be a means of business development.
- 11) Religious factors which include a strong belief in God's commands, belief in destiny and reward from Him, fear of sanctions if the trust from Him in the form of family is wasted, as well as the existence of close relatives, and hopes for the future of children, these things can be a driving force for single parents to be able to live a normal life again. Even with a better quality of life.
- 12) For single parents when they deviate from parenting, earning a living, socializing, or educating their children, all these deviations will have a negative impact on their personal and family lives, except for people who have conviction and make efforts to make improvements. For people who believe there will be confidence that every deviation has consequences in life in this world and the hereafter, including sanctions from God, the Creator of this universe.
- 13) The hope for the future of the child, to become a pious human being, to be successful in the hereafter, to uphold the good name of the family, to be able to graduate from school, these things can be a driving factor.
- 14) When carrying out parenting, care and assistance for children, try solely to hope for the pleasure of God. When expecting a child's return, disappointment will arise if one day it turns out to be not as expected. Sincerity will produce understanding. And this will have a long-term positive impact on the child;
- 15) When there are economic difficulties in the family, maximize the existing potential.
- 16) In connection with the majority of single parents experiencing health problems, especially digestion, it is necessary to take care of themselves including by eating regularly, getting enough rest. If there are complaints that need to be handled/treated;
- 17) When the organs of the body begin to decline in function, both eyes, ears, or decreased energy, realize that this is divine destiny, just follow it. Take care and take advantage of the existing pleasures as much as possible for charity and work, before the pleasure is revoked. Both for personal, family and community interests.
- 18) With the status of a single parent, it is necessary to be more careful in living life in society. Avoid deviations so as not to be exposed to social disgrace / stains. Even if you have tried to live a straight life, but the negative social stigma is still there, be patient, stay enthusiastic, focus on the tasks at hand.

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